

## U.S. Navy Leads Oil Spill Conference

By MC1 (SW/AW) David R. Krigbaum  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — Commander, Navy Region Europe, Africa and Southwest Asia (COMNAVEURAFSWA) and Commander, U.S. 5th Fleet held their annual Oil Spill Prevention, Preparedness and Response Table Top Exercise and Workshop, April 9-11.

The event brought together more than 100 representatives and officials from Arabian Gulf governments including Bahrain, Kuwait, Oman, UAE, Qatar, Saudi; Jordan, Iceland, Djibouti, the Marine Emergency Mutual Aid Center (MEMAC), Supreme Council for Environment Kingdom of Bahrain, the United Nations Environmental Program (UNEP), Bahrain Coast Guard, the oil and marine industries, response organizations, U.S. Coast Guard, U.S. National Oceanic and Atmospheric Administration and the U.S. Navy to discuss and share their methods of handling oil spills in order to improve the Navy and region's preparedness to respond to a major oil spill. The theme of this year's workshop was 'continuing to build an effective response management organization'.

"Each time events like this are held we learn more about each other's plans and organizations, said Capt. Colin S. Walsh, Naval Support Activity Bahrain commanding officer. "That knowledge gives us the power to integrate our processes, organizations and the capabilities to successfully manage the full range of oil response operations that are required to address a spill incident."

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Photo by MC1 (SW/AW) David R. Krigbaum

Capt. Colin S. Walsh, Naval Support Activity Bahrain commanding officer, answers questions during an oil spill planning, prevention and response table top exercise and workshop. The U.S. Navy created the workshop and accompanying exercise to discuss oil spill-related strategies with region-wide public and private sector participants.

## Eisenhower Completes Return of Stranded Mariners to Afghanistan



Photo Mass Communication Specialist Seaman Andrew Schneider

Capt. Nick Dienna, Executive Officer of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) and Lt. Diego Flores, Ships Security Officer escorts two rescued Afghan mariners to a C-2 Greyhound assigned to the Rawhides of Fleet Logistics Support Squadron (VRC) 40 on the flight deck of Dwight D. Eisenhower prior to returning to Afghanistan. Dwight D. Eisenhower is deployed to the U.S. 5th Fleet area of responsibility promoting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

By U.S. Naval Forces Central Command Public Affairs

**NAVAL SUPPORT ACTIVITY, Bahrain** — USS Dwight D. Eisenhower (CVN 69) flew two stranded Afghan mariners from the North Arabian Sea to Kandahar, Afghanistan, April 16 to complete their journey home.

The two men were rescued at sea after guided-missile cruiser USS Hue City (CG 66) found them adrift on three blue barrels in the Gulf of Oman, April 7.

"The U.S. Navy 5th Fleet contributes to security and stability in the Gulf on an enduring basis. When our presence puts us in a position to render aid to mariners in distress, it validates the importance of our six-decade long commitment to the region," said Vice Adm. John Miller, commander of U.S. Naval Forces Central Command/U.S. 5th Fleet/Combined Maritime Forces.

The two men were found on April 7 at 3:18 p.m. local time, 90 nautical miles off the coast of Oman when a lookout on the cruiser spotted them waving their arms in distress. The ship launched a small boat to rescue them and then treated the individuals for hypothermia, dehydration and expo-



Photo by MC2 Matthew R. Cole

Two adrift Afghans were spotted by Sailors aboard USS Hue City (CG 66). Hue City is deployed to the U.S. 5th Fleet area of responsibility promoting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

sure. They were in good condition after receiving medical care, dry clothes and food as well as having the opportunity to contact their families.

The men told the ship's interpreter they were from Afghanistan and survived at sea for two days after a fire on their dhow left them adrift.

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THESE STORIES AND MORE...



# Family Life at NSA Bahrain



Photos by MC1 (SW/AW) David R. Krigbaum

## MONTH OF THE MILITARY CHILD

MWR Bahrain hosted a Month of the Military Child Kickoff event, March 30. The event included games, a 5k run and a visit from the Easter Bunny.



439-4520

[www.cnmc.navy.mil/bahrain](http://www.cnmc.navy.mil/bahrain)

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## Chaplain's Corner

### A Crown Of Glory



By Cmdr. Brent Johnson  
NSA Bahrain Command Chaplain

A few years ago a good friend of mine with a full head of silver hair went for a hike in the Badlands of North Dakota. As he followed a trail above the Little Missouri River he came to an overlook and had his son snap a photo of him with the buttes and river in the background. It was a misty day and the camera flash highlighted the mist hanging in the air. He posted the shot on his Facebook page with the comment,

"Gorillas in the mist." His niece saw the photo with comment and immediately posted, "Look, a Silver Back."

It may be the fact that most of my good friends are going gray and becoming grandparents, but I am becoming more aware of how we treat older people. They are viewed as a different species to some folks. It is as if they went past a certain age and became irrelevant and odd.

A few years ago another acquaintance of mine went into a TGI Fridays for lunch and complained about all the "white heads" taking up some tables in the restaurant. I reminded him that one day he would join that crowd. I thought of the passage of wisdom found in the sixteenth chapter of the Book of Proverbs, "Gray hair is a crown of glory; it gained in a righteous life." I knew it was wrong to judge someone because they move slowly and take their time in a public place. They bring experience and wisdom to our communities that we are lacking in this modern era.

The next time you meet a gray headed person thank them. Listen to what they say. Appreciate their example of grace and honor them. They have a lot to teach you.



### 911 Reporting The First Line of Defense

Reporting an emergency is one of those things that seem simple enough, until you're the one having to make the call. All of a sudden you're nervous and your heart is racing, you can't recall what was taught during your last safety stand down and you know time is critical. If you find yourself in a situation which involves an emergency, NSA Bahrain Fire & Emergency Services wants you to remember these crucial instructions.

Always remember **RACE**:

**React:** Stay calm, cool and collected. Use a level head and remember what you've been taught.

**Activate:** Find the nearest manual pull station (located near an exit) and activate the fire alarm in the facility.

**Call:** Call 911 for every emergency, on-base call 439-4911 from a DSN line or 1785-4911 from your cell phone. 911 should be called for all emergency situations. Give detailed description of the emergency to the dispatcher such as: location (bldg #), name, call back number, type of emergency (medical, fire, smell of smoke or gas etc...)

**Evacuate:** Ensure personnel are evacuating and lead them to your designated meeting point per your Emergency Evacuation Procedures. Once evacuated have someone meet the arriving crew and give them more information about the emergency.

Being in Bahrain you can also have some un-expected emergencies, especially at home or on the road. Be sure to use the local emergency reporting number **999**. When dialing this number make sure you tell the dispatcher what type of emergency you have and who you need to respond (i.e. Ambulance, Fire Dept. or Police) then follow the **RACE** acronym. NSA Bahrain Fire & Emergency Services wants our personnel to feel safe and ready to act, if anyone needs additional training please contact the Fire Prevention office @ 439-9036.

Hans K. Christian

Battalion Chief

## 14 THINGS Happy People do Differently

By Cmdr. Christine Ward  
Health Promotions and Wellness Department  
Coordinator



U.S. Navy photo

### 1. Express Gratitude.

When you appreciate what you have, what you have appreciates in value. If we aren't thankful for what we already have, we will have a hard time ever being happy.

### 2. Cultivate Optimism.

People who think optimistically see the world as a place packed with endless opportunities especially in trying times.

### 3. Avoid Over-thinking and Social Comparison.

Comparing yourself to someone else can be exhausting. Do yourself a favor. Don't do it. Take notes on you and improve yourself.

### 4. Practice Acts of Kindness.

Selfishly helping someone is a super powerful way to feel good inside.

### 5. Nurture Special Relationships.

The happiest people on the planet are the ones who have deep, meaningful relationships.

### 6. Develop Strategies for Coping.

It helps to have healthy strategies for coping pre-rehearsed, on-call and in your arsenal at your disposal.

### 7. Learn to Forgive.

Harboring feelings of hatred and discontent is horrible for your self-worth and well being.

### 8. Increase Flow Experiences.

Flow is a state in which it feels like time stands still. It is when you are so focused on what you are doing, you become one with that task. Nothing is distracting you or competing with your focus.

### 9. Savor Life's Joys.

Deep happiness cannot exist without slowing down your pace, taking in a deep breath and embracing the joy.

### 10. Commit to your Goals.

Magical things start happening whenever we commit ourselves to doing whatever it takes to get somewhere.

### 11. Practice Spirituality.

When we practice spirituality, we recapture that life is bigger than us. We surrender the silly ideas that we are the mightiest thing ever.

### 12. Take Care of Your Body.

Taking excellent care of your body is crucial to being the happiest person you can be. Practice clean eating daily, aerobically exercise 60 minutes five days a week and do strength/core training every three days.

### 13. Listen Often, Talk Less.

We were created with two ears and one mouth for a reason. People in general, children and adolescence specifically, thrive on being heard. Be a good parent, a better friend, and listen. Speak with timing & wisdom.

### 14. Seek Self-Improvement Opportunities.

Broaden your horizons, not just in your professional careers, but in your personal margins. That white space that needs to be explored or expressed is right in front of you. Do some soul searching, than follow your lead.

## From the Desk of the Command Master Chief



By CMDCM Ed Lambert  
NSA Bahrain Command Master Chief

Shipmates,

NAVADMIN 023/13 announced changes to the Navy Wide Advancement Exam for all USN, USNR (active), FTS and Canvasser Recruiters. Effective for the March Advancement exam Sailors with a PTS status of "Intends to Separate" are eligible to take the advancement exam, Sailors with a "Denied Final" PTS status are not eligible to take the advancement exam. In addition, a favorable investigation status for a security clearance or a CO's granting of an interim clearance is required no later than the first day of the month of the exam, Sailors requiring a clearance that have not been granted a clearance or granted an Interim Clearance are not eligible for advancement. Further questions can be answered at 1-866-827-5672 or cscemailbox@navy.mil.



# Medical Cruises Into Shape

By Weam M. Ahmed  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — Naval Branch Health Clinic (NBHC) Bahrain held a closing ceremony for their 'Crews Into Shape' program at Naval Support Activity (NSA) Bahrain, April 3.

'Crews Into Shape' is a Navy and Marine Corps Public Health Center (NMCPHC) sponsored competition that aims to encourage the adoption of a healthier lifestyle through incorporating exercise and a diet rich in fruits and vegetables to achieve or maintain a weight loss goal.

The program is held every March in conjunction with National Nutrition Month and aims to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole Department of Defense family, according to the NMCPHC website.

"The goal is an increased awareness of eating clean, boosting one's exercise routine and losing weight safely," said Cmdr. Chris Ward, NBHC Bahrain Health Promotion & Wellness coordinator.

According to Ward, the competition aimed to change poor eating habits for healthier choices and safe weight loss, by taking in two cups of fruit and three cups of vegetables daily, with an additional emphasis on aerobically exercising five days per week.

The opening ceremony of the competition included music, a dance team in fruit and veggie-clad costumes, along with prizes for those who answered basic nutritional questions.

"Many individuals applauded the 'fun' competition that brought home real rewards like team work, overcoming leadership challenges and mission readiness," said Ward. "Many were thrilled at being motivated to boost their metabolism with additional aerobic workouts per week as they are preparing for the Physical Readiness Test."

At the end of the four-week competition, the 'Workout Warriors' crew was announced the winner and received a gift certificate, as did the second and third place teams.

"In the end, I hope that the awareness of



Photo by Weam M. Ahmed

**Naval Branch Health Clinic (NBHC) Bahrain Health Promotions and Wellness Coordinator Cmdr. Chris Ward presents participation awards to 'Crews into Shape' team leaders at the competition's closing ceremony.**

better healthy living was at the forefront as we stay in a mission-readiness posture, and achieve habits that will continue for a lifetime not just during a mere fun competi-

tion," said Ward.

For more information on Naval Branch Health Clinic Bahrain upcoming events call 439-6110.

# Navy, Marine Corps Leadership Warn About Sequester

By Nick Simeone  
American Forces Press Service

**WASHINGTON** — With members of Congress continuing to express concern about the impact of sequestration on the military, Navy Secretary Ray Mabus told a congressional panel today that the Navy and Marine Corps will be able to meet their current and future missions only with proper resourcing.

"The department's ability to meet the demands of today's operations in support of our defense strategic guidance depends on anticipating and preparing for the changing geopolitical landscape and having the proper resources ready to deploy," Mabus told the House Armed Services Committee in prepared testimony.

"The department will continue to maintain the capabilities required to ensure that the Navy and Marine Corps is the finest expeditionary force in the world; however, proper resourcing is needed to maintain our capacity for global operations."

In light of a budget-driven, Pentagon-wide review of strategic priorities, he added, "everything will be on the table." Mabus testified alongside Adm. Jonathan W. Greenert, chief of naval operations, and Gen. James. F. Amos, commandant of the Marine Corps. All three leaders spoke of shortfalls and having to do more with less in the coming years if the hundreds of millions of dollars in cuts triggered by last month's budget sequester remain.

"We do it to the very best we possibly can," Amos said, but he suggested that at some point, such cuts could undercut the rationale for having the Marine Corps, which is on a path to shrink from just over 202,000 Marines to 182,100.

"The Marine Corps remains the nation's ready hedge against unpredictable crisis, an insurance policy that buys time when hours matter," Amos said. He cited yesterday's bombing at the Boston Marathon and the ongoing uncertainty over North Korea's intentions to illustrate how an unpredictable and chaotic security environment demonstrates that "the need for this highly capable and ready force is more pressing now than ever."

Aware of the nation's fiscal restraints, Amos said, the Corps will make hard decisions about what it needs. But he added that "with declining resources to address the emerging security challenges, neo-isolationism does not advance our nation's national interest."

Greenert said shortfalls this fiscal year alone, while mitigated by congressional action last month, will be compounded if sequestration continues, leading to a \$23 billion shortfall in 2014. The situation already has led the Navy to recommend cancelling one ship deployment to the Pacific, two to Europe and all but one to the U.S. Southern Command region.

"Overall, due to reduced training and maintenance, about two-thirds of the fleet will be less than fully mission capable and not certified for major combat operations," he said, emphasizing that this state of readiness does not apply to Navy forces and assets supporting operations in Afghanistan. In addition, he said, discussion continues about the number of furlough days Navy civilians may be required to take between now and the Sept. 30 end of the current fiscal year.

Other issues not directly related to funding, but which remain among his top concerns, Greenert said, include: -- A smaller fleet operating at a high tempo; -- Shortfalls in at-sea manning; -- Sexual assault, which he said affects about two sailors every day; and -- Rising suicide rates.

The Navy has implemented a comprehensive strategy for countering sexual assault, the admiral noted, and has stood up a task force to prevent suicides. The hearing follows President Barack Obama's submission last week of a \$526.6 billion defense budget request for fiscal year 2014, one largely consistent with the previous year's, but delivered amid a budget landscape that envisions \$500 billion in additional defense cuts over the next 10 years if there is no change in current law.

If Congress does not act to change that, Amos warned, the Marine Corps will have to undergo "a top-to-bottom re-examination of priorities, missions and what it will take to continue to be the nation's expeditionary force in readiness."

## LEGAL CORNER LT Candace Holmes, JAGC, USN Legal Assistance Attorney

### KNOW YOUR RIGHTS: Identity Theft and Credit Fraud

There are several actions you can take to avoid becoming a victim of identity theft or credit fraud. First, check your credit reports. You are entitled to a free annual credit report from each of the three reporting agencies: Experian, TransUnion, and Equifax. Visit [AnnualCreditReport.com](http://AnnualCreditReport.com) to request your credit report and review it for any discrepancies. Second, always monitor your credit card and bank account statements to spot purchases you do not recognize.

In the event you become a victim of identity theft or credit fraud:

- **Contact the credit reporting agencies.** If you are a victim of identity theft, you can request an initial 90-day "fraud alert" be placed in your file along with a statement that the credit reporting agencies contact you if anyone tries to open an account in your name. Active duty service members can request an Active Duty Fraud Alert that lasts one year. If you provide evidence (e.g. a police report), you can request a seven-year fraud alert be placed in your file. You only need to alert one of the three companies below; the other two companies will be notified and will also place fraud alerts in your file.

Equifax: 1-800-525-6285; [www.equifax.com](http://www.equifax.com)  
Experian: 1-888-397-3742; [www.experian.com](http://www.experian.com)  
TransUnion: 1-800-680-7289; [www.transunion.com](http://www.transunion.com)

- **Contact the companies of the accounts that were fraudulently opened.** Most companies will have a fraud or security department you can speak with to explain your situation. You should also call your credit card company or bank and request that the unauthorized charges be removed. Always follow up with a written letter.

- **File a complaint with the Federal Trade Commission.** Visit <https://www.ftccomplaintassistant.gov/> to file a complaint. Military members and DoD civilians should visit <http://www.ftc.gov/sentinel/military/index.shtml> to file a complaint.

If you have any questions about this topic or wish to speak with an attorney, please contact our front desk at 439-4237.



# DoD Program Helps Service Members Transition to Teaching

From Navy Personnel Command Public Affairs

**MILLINGTON, Tenn.** — Placing veterans in the nation's classrooms to serve again is the goal for the Troops to Teachers program, officials said April 12. "We are here as a counseling and referral asset to help eligible veterans transition into second careers as teachers," said Cliff Yager, director, Troops to Teachers for Tennessee and Northern Alabama, during a Transition GPS briefing at Naval Support Activity Mid-South.

The purpose of the Department of Defense program is to help eligible current and former military personnel begin new careers as teachers in public schools where their skills, knowledge and experience are most needed. Veterans possess many of the qualities that make a good teacher; a sense of service, leadership, discipline, maturity and life experience, said Yager. He added that studies show that beginning teachers who are military veterans score much higher in peer assessments and assessments from principals and superintendents than their peers coming to the classroom straight from college.

"It is partly understandable because you are not only talking about an older more mature group of individuals, but

people who have also had other life experiences," said Yager. Yager and other Troops to Teachers representatives from across the nation recently met to discuss their role in assisting service members and veterans. In addition to counseling and referral, state Troops to Teachers representatives help applicants identify teacher certification requirements for the state they wish to teach, programs leading to certification and employment opportunities in their state. Additionally Yager and other state representatives will reach out to service members earlier while they are still on active-duty and identify education requirements so that interested service members may begin working toward their teaching certifications before leaving the service, enabling a smoother transition into teaching.

"If a service member thinks that they might want to be a teacher, they should contact Troops to Teachers and register for the program," said Yager. "We can help them with that decision process, investigate whether teaching is right for them and we can help them walk through the process." Service members can learn more about Troops to Teachers and locate a state representative at [www.proudtoserveagain.com](http://www.proudtoserveagain.com).



Photo by MC1 Eli J. Medellin

**Master-at-Arms 2nd Class Jessica Reed, assigned to the security force at Naval Weapons Station Seal Beach, reads a Dr. Seuss book to children at McGaugh Elementary School as part of Read Across America Day. The annual nationwide reading event celebrates the March 2nd birthday of Dr. Seuss.**

## OIL SPILL CONFERENCE from Page 1

The workshop provided an opportunity the various organizations to come together in a non-threatening environment to validate and improve regional nation's, private industry and the Navy's oil spill response plans. It was a mechanism for the potential response organizations to implement their plans, address unresolved issues and gather the data necessary to update their plans.

Several presentations of various spill preparedness response plans and spill scenarios were discussed. Representatives shared and discussed spill plans, technological innovations in spill tracking and clean up as well as realistic spill management expectations.

"Our challenge as spill response professionals is to develop an enduring process that enables spill managers to incorporate the positive aspects of different management organizations," said Walsh.

During the workshop, participants were broken down into groups and given various spill scenarios to handle. The workshop culminated with a field training and equipment deployment exercise simulating an in-harbor oil spill at the Khalifa bin Salman Port (KBSP). It simulated a 10,000 gallon diesel fuel spill from a U.S. Navy vessel and involved activating NSA Bahrain's Emergency Operations Center, U.S. Navy Environmental Affairs, Bahrain Coast Guard, and the Marine Emergency Mutual Aid Center (MEMAC). KBSP activated their contingency plan, putting their response assets and personnel on standby as they would in an actual event. The focus was on the response preparedness of Commander, U.S. 5th Fleet and COMNAVEURAFSWA. It also gave participating organizations and agencies an opportunity to observe and compare their own response plans in a more realistic setting.

"The U.S. Navy's core business is not oil spill response," said Capt. Awadh A. Saeed, a civilian mariner and MEMAC senior advisor. "But taking the burden to have this annual workshop and exercise this really demonstrates a commitment which we thank them for."



Photo by Weam M. Ahmed

**Oil spill exercise participants prepare to deploy a solid flotation boom used to contain oil spills at Khalifa bin Salman Port, Kingdom of Bahrain.**

## Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at [www.navy.mil](http://www.navy.mil)



Photo by MC1 Abraham Essenmacher

**A landing craft air cushion (LCAC) from Assault Craft Unit Four exits the well deck of the amphibious assault ship USS Kearsarge (LHD 3). Kearsarge is the flagship for the Kearsarge Amphibious Ready Group and, with the embarked 26th Marine Expeditionary Unit, is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.**

## EISENHOWER from Page 1

"The United States Navy is always ready and willing to help a fellow mariner at sea and we are glad that we were in the right place at the right time to lend a hand," said Capt. Dan Uhls, USS Hue City commanding officer. "The crew did a spectacular job and it is days like today that makes me proud to be a member of the United States Navy and this coalition."

A C-2A Greyhound, from VRC-40 Rawhides embarked on Dwight D. Eisenhower, flew the Afghans to Kandahar, where further plans have been coordinated to take them to their hometown. The two men said they were very appreciative of the U.S. Navy for saving them.

"I'm very pleased to see these men return to their home in Afghanistan. The professionalism of the men and women who coordinated their safe return should be proud that they continue to contribute to the excellent relationship we have with our regional partners," said Miller.

Dwight D. Eisenhower is homeported in Norfolk, Va., and is on a scheduled deployment to the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.





# OPEN WATER DIVER CERTIFICATION

## \$300

**REGISTER AT THE FITNESS CENTER STARTING MARCH 22**  
Students must demonstrate the ability to swim 200 meters (no time limit, any stroke) or 300 meters using a mask, snorkel and fins and tread water unassisted for 10 minutes.

**ACADEMIC SESSIONS ARE**  
**30 APRIL AND 5, 14, 16, 19 MAY 2013**  
from 1730-1930 in the Multi-purpose Room A, Freedom Souq.

**CONFINED WATER SESSIONS**  
Confined Water sessions are at the Al Bander Resort from 1630-2100:  
Session One is 6 or 8 May 2013 (pick one)  
Session Two is 13 or 15 May 2013 (pick one)

**OPEN WATER DIVES**  
Location: Marina Club or Al Bander Resort.  
The dates are weather dependent and the times are generally from 0830-1330 (dates are flexible). Pick two of those dates; 17, 18, 24, 25, and 26 May.



Your PADI Instructor is Annette Inghnoll  
(IDC Staff Instructor #142145)  
Phone 1785-4810 or 3930-1477

You can arrange alternate sessions to suit your duty schedule  
if you coordinate in advance with the instructor.



# 2013 SUMMER TEEN EMPLOYMENT PROGRAM

in conjunction with  
Commander Navy Installations Command (CNIC) and the Boys & Girls Club of America,  
Navy Child & Youth Programs (CYP) is providing teen employment opportunities at various base activities throughout the summer.

**Teens hired for this program will:**

- Get paid \$7.25/hour. Work a maximum of 25 hours per week (between the hours of 0600-2000)
- Participate in weekly Career Launch/Job Ready class sessions
- Gain valuable work experience

**Thursday, 9 May: Teen Employment Workshop**  
at the Teen Center from 1600-1700  
CYP in partnership with ITSC will be hosting a workshop for teens to help learn the basics of resume writing, interviewing, and networking in preparation for the job fair.

**Sunday, 12 May: Teen Employment Job Fair**  
in the PVE Multi-purpose Room from 0900-1700  
Don't miss this opportunity to network and learn about the various positions that will be available for the 2013 Summer Teen Employment Program.

**Thursday, 9 May - Wednesday, 22 May: Application Phase**  
You start submitting your applications from the Teen Center beginning May 9th.  
Applications should be submitted to Mr. Mohammed Khan in the MWR Admin office no later than 1600 on May 11th.

**Thursday, 20 May: Interview Phase**  
Prior to May 10th, applicants will be contacted to schedule group interviews.

**Sunday, June 22 - Thursday, August 22: Work Phase**  
Teens selected to fill available positions will begin working a 9 week program.

FOR MORE INFORMATION, CONTACT: JAROD BAILEY 439-3192 (1743-0331) | JAROD.BAILEY@NSA.NAVY.MIL  
EYE HATEN KIDZ AND YOUTH PROGRAMS ARE COMING ON BOARD OF ALL AGENTS

# MWR Cinem

## MOVIE COMPLEX

**REGULAR TICKETS:** ADULTS: \$4.00 CHILDREN (6-12): \$2.00

**3D TICKETS:** ADULTS: \$5.00 CHILDREN (6-12): \$3.00

Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

\*\*\*\*\* MOVIE HOTLINE: 439-6916 \*\*\*\*\*



### Cooking Demonstration Of Arabic Food & Dinner

Thursday, April 25

- Time: 1700
- Min 5 people; ITT Price: \$23.00

### Pearl "Snorkel" Hunt

Friday, April 26

- Time: 0630
- Min 8 people – Max 12 people;
- ITT Price: \$52.00

### Horse Back Riding

Saturday, April 27

- Time: 0900 – 1300
- Min 8 people; ITT Price: \$26.00

### Guided Cultural Tour Of Bahrain

Saturday, April 27

- Time: 0900 – 1600
- Min 14 people; ITT Price: \$35.00

### Site Seeing Tour

Sunday, April 28

- Time: 1000 – 1500
- Min 5 people; Cost: \$5.00

## ITT

### F1 Race Weekend

April 18-21

### Swim With The Dolphins

Friday, April 20

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

### Guided Tour Of Mosque & Arabic Lunch

Wednesday, April 24

- Time: 1000 – 1400
- Min 5 people; ITT Price: \$16.00

For more information, call x-3531  
All dates and times are subject to change

## Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: [MWRsuggestionBox@me.navy.mil](mailto:MWRsuggestionBox@me.navy.mil)  
If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



Saturday, April 20

### 9 Ball Tournament

- Time: 1630

Friday, April 26

### Video Game Tournament

- Time: 1600

Sunday, April 21

### Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

Saturday, April 27

### SNAG

- Time: 1200

Monday, April 22

### Speed Pool

- Time: 1130; Free Pizza for players

Sunday, April 28

### Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

Wednesday, April 24

### Foosball Tournament

- Time: 1100

Monday, April 29

### Speed Pool

- Time: 1130; Free Pizza for players

For more information, call the Liberty Center at 439-3192



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